

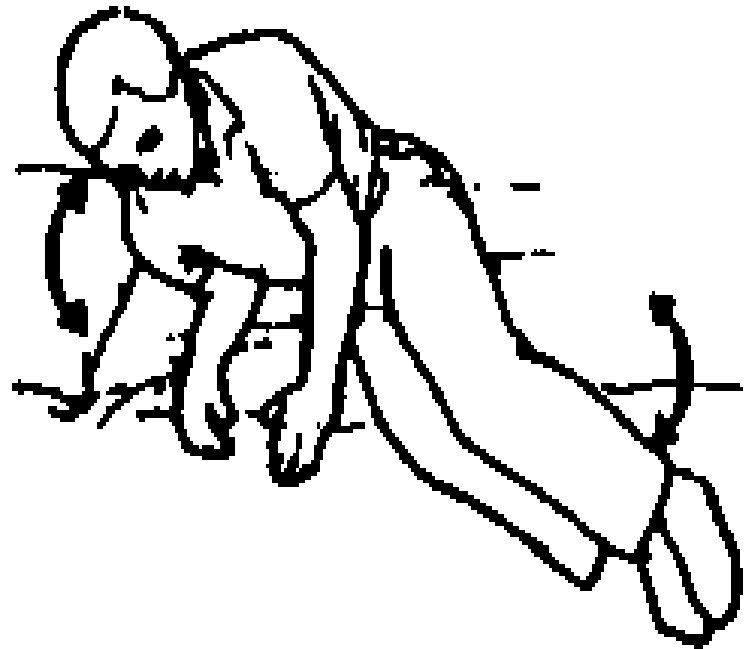
Proper Lifting Method

1. When lifting, keep the object close to your body.
2. If the object is on the floor, widen your stance (slightly outside of shoulder width) and bend only at the hips and the knees.
3. Keep your back in its normal arched position while lifting.
4. Do not lift by bending forward and using your lower back.
5. Do not twist while you are lifting.
6. Take a breath and breath out as you exert yourself during the lift.
7. Tighten your stomach muscles and begin the upward lift by using your legs.
8. If you are carrying the object, be sure to keep it close to your body and maintain a straight spine.



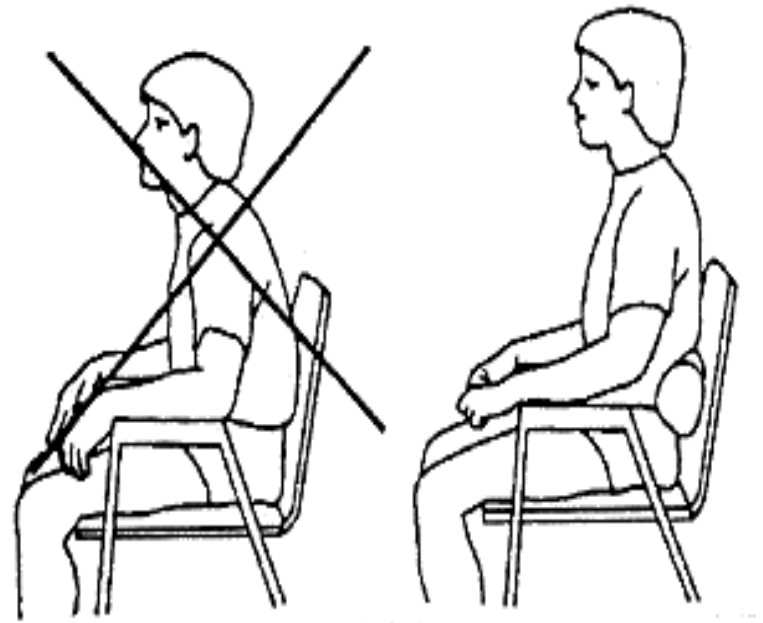
Proper way to get out of bed

- 1. Roll on your side and push your body up with your arms.**
- 2. Bend your knees and lower your feet to the floor.**
- 3. Use your legs to lift your entire body.**



Proper way of sitting on a chair

1. Keep your knees at a 90-degree angle.
2. Keep your feet flat on the floor or on a footrest.
3. Use a back support or a rolled up towel to support the normal curvature on your lower back.
4. Keep your ears, shoulders, and hips in a straight line perpendicular to the floor.
5. Bend your elbows at about 90 degrees, with your wrist parallel to the floor.
6. Allow your arms to rest on the soft armrest of a chair. This will also relieve some compression on your lower back.



How to make a lumbar roll

Making a lumbar roll can help support your lowback curvature when sitting on a chair and can reduce or even prevent back pain.

- 1. Take a medium to large towel and fold it in half length-wise.**
- 2. Roll towel**
- 3. Compress towel to desired circumference to where its not too bulky.**
- 4. Secure towel by wrapping with tape all around**
- 5. Make sure towel is solid and not soft to where it collapses and not support your back.**

